

Meditation Workshop

Learn the benefits of meditation and how the body and brain are affected. Experience moving, sound, and guided mediation. For beginners and experienced alike.

16 & up: May 7, Sat, 3-5pm 213902.1A
 Instructor: Marcia Babcock, PhD, CPT,
 Nia Black Belt Instructor
 Location: Longmont Recreation Center, 310 Quail Rd
 Fee: \$10 resident/\$12.50 non-resident

Summer Meditation at Sandstone Ranch

Looking to nature as our mirror, simply be with breath, body, and thoughts without clinging. Meditation can help us relate to changes in our lives with curiosity, gentleness, and perspective. Practice sitting, walking and lying meditation followed by discussion and tea. Sign up for 6 week session or individual weeks.

18 & up: Jun 15-Jul 20, Wed, 6-7:15pm 343500.A
 Fee: \$48 resident/\$60 non-resident
 Drop In: \$10 resident/\$12.50 non-resident
 Instructor: Katharine Kaufman
 Location: Sandstone Ranch, 3001 Sandstone Dr

Practicing Meditation at Home

If you are a yoga student, meditation is a logical step in your development. This class is for beginners, as well as meditators who want to establish a consistent at home practice. You'll learn a variety of techniques that incorporate movement, sound repetition and focused breathing.

18 & up: Aug 6, Sat, 10am-12pm 343594.08
 Instructor: Diana Shellenberger
 Location: Izaak Walton Clubhouse, 18 S Sunset
 Fee: \$20 resident/\$25 non-resident

Healing Without Medicine: 8 Healing Sounds

Introduction to health building exercises that use movement, breathing, and sound to affect the internal organs. Both relaxing and invigorating, these exercises are rooted in traditional Chinese medicine. Appropriate for general wellness as well as many chronic illnesses.

18 & up: May 17, Tue, 10:30-11:30am 243230.05
 Jun 21, Tue, 10:30-11:30am 343230.06
 Jul 19, Tue, 10:30-11:30am 343230.07
 Aug 16, Tue, 10:30-11:30am 343230.08
 Instructor: Garth Reynolds, MSCTM, L.Ac.
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$10 resident/\$12.50 non-resident



Senior Services

is a Division of the City's
 Community Services Department

910 Longs Peak Ave | 303-651-8411
 Office Hours: Monday - Friday, 8 am - 5 pm
 LongmontColorado.gov/senior-services
 email: senior@LongmontColorado.gov

Division of Senior Services offers recreation, informational programs, resource guidance, and services for those 55 years plus.

Registration

Please register in advance for all programs, classes, events, and trips. Please refer to our catalog online for all the recreation and services available, and call or register online for those you are interested in participating. www.LongmontColorado.gov/senior-services

Resources and Supportive Services

Senior Services Division staff provides information and referral to older adults and caregivers of older persons regarding a wide array of resources and services including; housing, in home services, financial support programs, and many others. Professional counseling staff and peer counselors provide one on one and group support. Resource staff; Veronica Garcia at 303-651-8716 or Amy Loberg at 303-774-4372 and Counseling staff; Brandy Queen at 303-651-8414. Specific support activities are detailed in the quarterly GO catalog and often include programs such as Advanced Directives and Medicare Basice. Support groups for Grandparents raising grandchildren, Parkinsons, Grief, and Caregivers.

Senior Computer Technology Center

A computer and technology learning program for adults 50+. Group classes and one on one support are both available for a wide variety of programs in Microsoft products, Windows, Genealogy, Apple products, e-readers, tablets, cell phones, and other new and emerging products and software. The quarterly GO catalog details opportunities.



Recreation and Leisure activities are available; here are a few things that happen regularly:

Dances Thursday evenings, 7:00 - 10:00 p.m.

Dances are held at the Longmont Senior Center. Both singles and couples enjoy the fun. Price is \$4.00 per person.

Exercise Classes

SilverSneakers, Yoga, Tai Chi, Feldenkrais, Pilates and more.

Day Trips to museums, the mountains, casinos and other popular touring places. Short Extended Travel to South Dakota in August, the Balloon Fiesta in October, and longer extended travel in 2017 to the South Pacific: Australia and New Zealand in April and a River boat trip on the Columbia River in the fall. Stop by the Senior Center to pick up the detailed itinerary if you are interested in group travel.

